TEAM Nutrition Objective

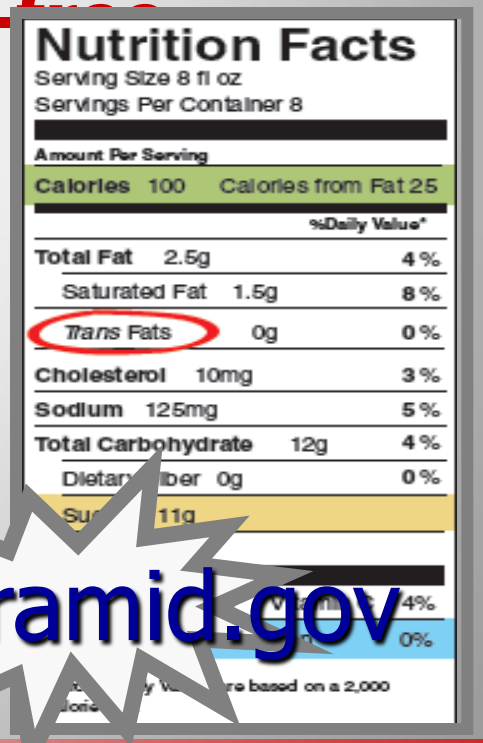
Improve children's lifelong eating and physical activity habits by using the principles of the 2005 *Dietary Guidelines for Americans* and *MyPyramid*.

Team Nutrition Messages

- Eat more fruits, vegetables and grains
- Eat a variety of foods
- Eat foods lower in fat more often
- Be physically active each day
- Get your calcium rich foods

Incorporating the 2005 Dietary Guidelines for Americans (DGA) into School Meals

- **Increasing whole grains**
- **Increasing both fruits and vegetables**
- **Offering only low-fat and fat-free milk/milk products**
- **Reducing sodium**
- **Increasing fiber**
- **Controlling cholesterol**
- **Minimizing trans fats**



mypyramid.gov

Healthier US School Challenge

TEAM NUTRITION IOWA™

http://teamnutrition.usda.gov/

Promoting a Healthy School Environment

- Recognize a school's commitment
  - Taking a leadership role
  - Improving nutritional quality of meals served
  - Providing more nutritious choices
  - Providing opportunities for nutrition education and physical activity

How Does It Work?

- Voluntary program
- Schools must meet or exceed criteria
- Apply for Bronze, Silver, Gold or Gold Award of Distinction certification
- Certified for 2 years following certification

Criteria

- Be an elementary school
- Be a Team Nutrition School
- Offer reimbursable lunches that demonstrate healthy menu planning practices and meet USDA nutrition standards
- Provide nutrition education

Criteria (cont'd)

- **Maintain an ADP of at least 70% for Silver or Gold, 62% for Bronze**
- **Adhere to USDA nutrition standards for foods and beverages served/sold**

2008 Additional Criteria

- Submit copy of wellness policy
- Food items sold for fundraising must meet guidelines for competitive foods.
- Structured physical education
- Demonstrate a commitment to prohibit the use of food as a reward.

Lunch Menu Weekly Criteria

- 5 different fruits and vegetables
  ¼ cup serving
- 3 dark green/orange vegetables
  (no fruit) ¼ cup serving
- Fresh fruit – once or twice/week
- Whole grain serving daily or 3/week
- Dried beans/peas weekly
- Only 1% or fat-free milk

Criteria for Competitive Foods/A La Carte

- Reduced fat cheese is exempt
- *Trans* fat-free
- Any fruit or non-fried vegetable
- Only 1% or fat-free milk, 8-oz limit
- 100% juice, 6-oz limit
- Water

- Other food/beverage:
  - ≤35% of calories from fat
  - <10% of calories from saturated fat
  - ≤35% total sugar
  - Sodium restriction
  - A la carte portion size not to exceed NSLP portion
  - Individual packages not to exceed 200 calories

Gold Criteria

- School meets all Bronze/Silver criteria
- Adheres to USDA nutrition standards about competitive foods *throughout the school day, anywhere on the school campus*
- Minimum average 90 min/week structured physical education (45 min/week Silver/Bronze)
- Offers lunches with
  - 2 fresh fruit/week
  - whole grain serving daily

Gold Award of Distinction

- **<200 mg Sodium per non-entrée serving (<480 mg Gold, Silver/Bronze)**

- **<480 per entrée serving (< 600 mg Gold, Silver/Bronze)**

OR

- **Minimum average 150 minutes/week structured physical education throughout the school year**

Local Certification Review Panel

- Foodservice manager and district-level foodservice director
- Team Nutrition School Leader
- Parent organization representative
- A school nurse, CSH representative, PE or classroom teacher
- School Principal or Administrator

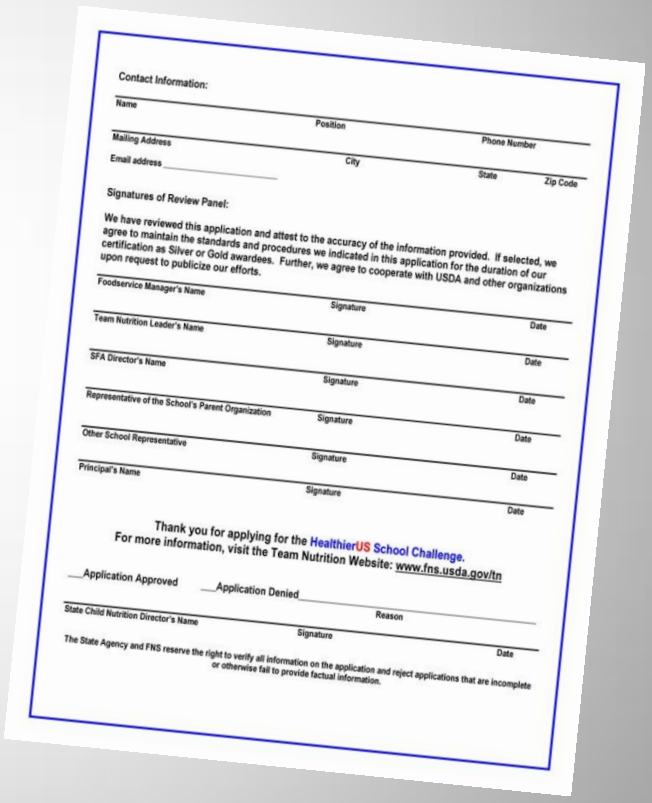
Application Packet

Step 1

- Local Review Panel evaluation

Step 2

- State Agency evaluation



Contact Information:

Name _____ Position _____ Phone Number _____

Mailing Address _____ City _____ State _____ Zip Code _____

Email address _____

Signatures of Review Panel:

We have reviewed this application and attest to the accuracy of the information provided. If selected, we agree to maintain the standards and procedures we indicated in this application for the duration of our certification as Silver or Gold awardees. Further, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

Foodservice Manager's Name _____ Signature _____ Date _____

Team Nutrition Leader's Name _____ Signature _____ Date _____

SFA Director's Name _____ Signature _____ Date _____

Representative of the School's Parent Organization _____ Signature _____ Date _____

Other School Representative _____ Signature _____ Date _____

Principal's Name _____ Signature _____ Date _____

Thank you for applying for the HealthierUS School Challenge.
For more information, visit the Team Nutrition Website: www.fns.usda.gov/tn

___Application Approved ___Application Denied _____ Reason

State Child Nutrition Director's Name _____ Signature _____ Date _____

The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.

State Agency Validation

- The Application Packet is complete
- Submitted menus meet criteria
- SFA has completed SMI review activities; no outstanding CRE audit issues or claims
- Nutrition education and physical education
- ADP at least 70% of enrollment (62% for Bronze)
- Foods and beverages meet criteria

Application Packet

Step 3

- State submits application to FNS Regional Office

Step 4

- Region reviews and submits application to FNS Headquarters

Recognition

HealthierUS School Challenge

Application Packet,

Criteria & Instructions,

Frequently Asked Questions, Whole Grain And other Resources:

www.teamnutrition.usda.gov/

Elements of a Successful Application

- **Tips to Apply**
- **Resources**

Resources

- HealthierUS School Challenge

- Dietary Guidelines
  Fact Sheets
- Cooks for Kids - NFMSI

www.teamnutrition.usda.gov
www.actionforhealthykids.org

School and Community Involvement

Happy and Healthy Kids

Mini-Grants

Purpose of Mini-grants

- To develop lifelong healthy eating and physical activity behaviors
- Allow foodservice to take accountability and show leadership to make healthy changes in their environment
- $250-$500 Mini-grants

Strategies for Mini-Grants

- Making and marketing change to menu
- Transferring information learned to other school staff
- Instilling a culture of acceptance for healthy foods
- Incorporating locally grown foods
- Introducing new menu items and encouraging children to consume
- Communicate effectively with administrators, board members, parents, teachers, etc.
- Work with students and teachers to utilize the food service program as a learning laboratory.

Guidelines for Mini-Grants

- **Can be used for:**
  - **Food costs: taste test or demonstration tied to nutrition education**
  - **Food and Nutrition equipment: only small mobile equipment is allowed and the equipment cost cannot exceed 10% of the total mini-grant**
  - **Promotional/Incentive items: that promote Team Nutrition messages**
  - **Gardening: reasonable amount of supplies (starter pots, potting soil and seeds)**

Healthy, Tasty School Meals

The "Happy" Look of School Meals